



The Mental Health Association of the Heartland

NEWS

Advocacy, Education and Support in Kansas and Missouri

2007/2008

(March '07 - March '08)

Issue: 1

Beyond the Blues 2007



Mental Health Association of the Heartland, in partnership with the Kansas City Blues Society and the Kansas City Lindy Hop Society, hosted "Beyond the Blues" on November 17, 2007 at a private auto museum in Grandview. With over 250 attendees and over 20 volunteers, this event was a huge success! Anne Peterson and Phil Witt emceed the event. AnnaLee and the Lucky So-n-So's started out the evening's music and the night ended with Grand Marquis. Myra Taylor made a special guest appearance. Special performances by the Kansas City Lindy Hop Society went on through the night.

That evening, not only did people get to listen and dance to two great blues bands but they got to view an extensive private collection of unique automobiles, motorcycles, antique bicycles and pedal cars.

Contact Susan Crain Lewis or Ann Jones at (913) 281-2221 or email beyondtheblues@mha.org, to be sure you are on the invite list for the 2008 Beyond the Blues party on October 18th!

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Grand Marquis band members: Carl "Slim" Hanson, Bryan Redmond, Andy Dondzila, Lisa McKenzie and Ben Ruth.



Bruce Hibbs, 2007 KC Blues Society President and special guest, Myra Taylor.

Bank of America Honors Mental Health Association of the Heartland's Housing Program

Mental Health Association of the Heartland was recently honored with a Neighborhood Builders Grant through the Bank of America's Neighborhood Excellence Initiative. This highly-competitive grant, which makes awards to only two organizations in each of Bank of America's 45 domestic and international markets, "recognizes, nurtures, and rewards" community-based organizations and their leaders. In addition to receiving \$100,000 per year in unrestricted operating funds over the next two years, Susan Crain Lewis, MSSW, President & CEO of MHAH and James Glenn, MSW, Senior Vice-President, have been invited to attend a

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Our Mission

Mental Health Association of the Heartland is dedicated to promoting the mental health of the community, and improving the lives of persons with mental illness, through advocacy, education and support.



Left to Right: Simon Messner, Director Housing to Homes, Mark Pierce, Susan Crain Lewis, President/CEO, James Glenn, Senior Vice-President and Andy Marts.

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From the desk of the President/CEO



Susan Crain Lewis,
President/CEO

They say "time flies when you're having fun" - that is certainly true here at the Mental Health Association of the Heartland - I can hardly believe it's again time for our newsletter! The last few months have indeed been fun - and busy - and exciting.

On November 17th we held our first major special event - Beyond the Blues, in partnership with the Kansas City Blues Society and the Kansas City Lindy Hop Society. It was great fun and very successful -- this is an event you won't want to miss this year! So mark your calendars for October 18 - and fill out the form on page 9 to be sure we have an up-to-date address for your invitation!

Also in November, the Mental Health Association of the Heartland Housing Initiative was recognized by Bank of America for outstanding leadership and community development in its Housing to Homes Technical Assistance program. As advocates we've long known that the way to address homelessness among persons with mental illness (over and over their #1 issue) is not for MHAH to "go into the housing business" full scale but rather to teach and support others in replicating our hugely successful (96% of MHAH residents have not returned to homelessness) permanent supportive housing model. With a \$200,000 2-year award from Bank of America's Neighborhood Excellence Initiative, and recent notification that 5 projects of partner agencies who wish to be TA recipients have been funded, this exciting project is truly off the ground.

Being Insured Does Not Mean That You Will Get Mental Health Services!

Kansas law adopted in 2001 requires health insurance companies to cover up to 45 in-patient days and 45 outpatient visits on an annual basis for treatment of biologically-based mental illnesses. However, recent data from the top 10 health insurance providers, as reported by the Kansas Insurance Department (KID), reveal that policy holders typically receive an average of six in-patient days or outpatient visits regardless of diagnosis.

The 2006 Mental Health Parity Task Force of the Governor's Mental Health Services Planning Council suggested that there must be a significant number of health insurance policy holders who have had one or more of the following experiences which have resulted in the denial of adequate, appropriate or timely treatment since the 2001 Mental Health Parity legislation:

- Denial of claims for treatment of mental illness
- Excessive co-pays or deductibles for mental health treatment
- Refusal to authorize an adequate number of in-patient days and/or outpatient visits
- Inability to obtain or understand the standards and rationale used to deny authorization of treatment by an insurer
- Insurers recommending that "difficult" cases be referred to law enforcement or public mental health services
- Other problems with authorization of treatment of a mental disorder

We want to hear from individual policy holders, group health care administrators and mental health providers who have experienced any of these problems. Please share with us your personal written and/or oral accounts of your experiences.

We will listen to your experiences and help you, as appropriate, to file a formal complaint with the Kansas Insurance Department. To initiate a complaint with the KID, you may click on the following link to their website: <http://www.ksinsurance.org/consumers/complaint.htm>.

You may also put your concerns in writing and address them to the KID using the following contact information: Kansas Insurance Department, Attn: Consumer Assistance, 420 SW 9th Street, Topeka, KS 66612-1678; Phone: (785) 296-3071, Toll-Free: 1-800-432-2484, TTY/TDD: 1-877-235-3151; www.ksinsurance.org

Please let us hear from you if decide to file a complaint with the KID. We are collecting this information to better understand how to help Kansans get the care and treatment they need.

Every bit as important and energizing is the work being done in the Education and Prevention Department, on Sabbaths of Hope - a faith based community outreach project combating stigma and providing resources and support for recovery from depression. In partnership with the Center for Practical Bioethics - and with the support of the Healthcare Foundation of Greater Kansas City, literally thousands of Kansas Citizens will be reached in their temples, churches, synagogues, and fellowships, as over 50 faith communities receive resources and technical assistance to observe a Sabbath of Hope this May. If you know of faith community that would like to be involved, contact us - there's still time to participate.

Another highlight of the last several months was Mental Health Advocacy Day held at Memorial Hall and the State House in Topeka. Several hundred consumers, advocates and providers turned out to hear more about critical mental health issues - and to drive these concerns home with their legislators. We were fortunate to have on hand the expertise of Ralph Ibsen, Vice President of Government Affairs from Mental Health America, who briefed both House and Senate committees, as well as Advocacy Day participants, on parity. Mark your calendars for April 10, 2008 when we head to Jefferson City!

And of course the biggest highlight - the things that keeps these efforts going -- is the energy and commitment of volunteers - whether working registration at the Sabbaths of Hope conference, planning Beyond the Blues, answering the Compassionate Ear WarmLine, stuffing packets, stamping brochures, calling legislators or running self-help support groups - whether "working" for the MHAH - or alongside us in with another organization partnership - these individuals (many of whose names you'll see on the back page) have an exponential effect on our efforts to promote mental health to foster recovery and to improve quality of life for all. Thanks to them for their efforts - and to all of you for your support and involvement - here's to another exciting quarter!

The Fight for Parity Continues in Kansas!

Senate Bill 380 was introduced during the 2007 session of the Kansas Legislature to provide health insurance coverage for the treatment of mental illnesses that is equivalent to coverage for other illnesses. Equal coverage is known as parity. We are hopeful that the bill will be considered before the end of this session.

The lack of parity in coverage for the treatment of mental illnesses is a major factor in the perpetuation of the stigma associated with mental illness and a clear barrier to accessing treatment and moving toward recovery.

Mental Health Association of the Heartland, in concert with a coalition of advocacy organizations in Kansas, is working toward passage of a state parity bill. Part of the strategy involves identifying persons who have private insurance which did not, or did not adequately or equally, cover services they needed or received for mental health/mental illness diagnoses. It is our intent to collect these stories, and to provide an opportunity for them to be shared, in written format, or as live personal testimony, with the Kansas Legislature, Insurance Commission and any other relevant policy-making bodies.

MHAH is asking you to spread the message among your friends, colleagues and consumers in Kansas so that we may show our elected officials why treating mental illness differently (charging more for co-pays, offering less in coverage) than illness affecting other parts of the body is unfair, discriminatory and a policy which we as citizens will no longer accept.

●WANTED●
HEALTH INSURANCE
POLICY HOLDERS
WHO HAVE BEEN DENIED
APPROPRIATE TREATMENT
FOR MENTAL ILLNESS

For more information, or questions about the status of the legislation, contact Susan Crain Lewis, at 913-281-2221 x 122. Thank you for your help.

Do You Need Help Paying for Your Prescriptions?

Some pharmaceutical companies offer prescription assistance programs to individuals and families with financial needs. These programs typically require a doctor's consent and proof of your financial status. They may also require that you have either no health insurance or no prescription drug benefit through your health insurance.

In addition, there are county, state, and national prescription programs for which you may qualify and special drug discount cards offered by some pharmaceutical companies.

[RX Hope](#) has program descriptions and downloadable applications for prescription assistance programs for specific medications including psychotropic medications.

[RX Assist](#) offers a patient assistance program directory along with information about a variety of programs including drug discount cards, prescription assistance programs for generic medications, programs that help with medication copays, programs that provide free and low cost health care, as well as information for Medicare Part D beneficiaries.

[Needy Meds](#) has a searchable list of disease-specific assistance programs (primarily for other medical conditions) with program descriptions and contact information (Use link under "Additional Programs" on left-hand side of home page.) Some of these programs provide a broad range of financial assistance including help with other necessary expenses such as utility bills. They also have a list of state sponsored programs which can be accessed from the link under "Government Programs" also on the left-hand side of the home page. Once you have identified programs, you can contact the [Partnership for Prescription Assistance](#) at 1-888-4PPA-NOW (1-888-477-2669) for free assistance in applying for these programs.

There are a variety of organizations that offer prescription assistance for medications used to treat specific medical conditions. While these organizations do not offer assistance in covering the cost of psychotropic medications, they may be helpful if you have other health problems. Some of these programs offer financial assistance for those who have insurance but have high co-pays. Some also offer assistance with insurance premiums.

- [Patient Advocate Foundation Co-Pay Relief](#) at 1-866-512-3861
- [National Organization for Rare Diseases \(NORD\)](#) at 1-800-999-NORD
- [Patient Services Inc.](#) at 1-800-366-7741
- [HealthWell Foundation](#) at 1-800-675-8416

- [Patient Access Network Foundation](#) at 1-866-316-7263

Beginning January 1, 2006, Medicare began a new program to help pay for prescription drugs for people who receive Medicare benefits and people who currently have both Medicare and Medicaid. Mental Health America has developed written materials to explain this new program, also called Medicare Rx, Part D, or the prescription drug benefit, to help consumers, their family and friends, better understand this new benefit and what steps they need to take to get this benefit. [RX Assist](#) has developed a section for Medicare Part D participants that provides information about prescription assistance programs that may help Medicare Part D beneficiaries.



[Partnership for Prescription Assistance](#) is an interactive site designed to help you find patient prescription drug assistance programs for which you may qualify. You can use the on-line application wizard, view and read about prescription assistance programs offered by the drug manufacturers, and search for prescription drug assistance programs in your state. You can also contact the Partnership for Prescription Assistance by calling 1-888-4PPA-NOW (1-888-477-2669).

[Medicare Rights Center](#) offers information about state and national prescription assistance programs, drug discount cards, mail order and internet discount pharmacies, and prescription drug price comparison web sites. This information is not only for Medicare Part D plan participants but for anyone needing information about help to pay for their prescription drugs. Use the "Help Paying for Prescription Drugs" option on the left-hand side of the page to access this information.

[211](#) is an Information and Referral service to help people connect with important community services and help them find help in their community more easily. 211 is available in many states and, if available in your area, can help you find organizations that may assist with a broad range of needs including help paying for medications, financial assistance with other essential needs such as food, clothing, rent and utility assistance, child care, employment supports, services for older adults, etc.

If you need further assistance on mental health issues or referrals, please contact Mental Health Association of the Heartland at (913) 281-2221.

Parents Help to Distinguish Childhood Bipolar Disorder from Severe Mood Dysregulation

The parents of children who have bipolar disorder are more likely to have bipolar disorder themselves than the parents of children who have severe mood dysregulation (SMD).



This finding challenges the notion of some research that suggests SMD is a type of more broadly defined childhood bipolar disorder. The study by NIMH researchers was published in the August 2007 issue of the *American Journal of Psychiatry*.

The classic definition of bipolar disorder includes episodes of extreme, sustained mood swings. Children with bipolar disorder have manic episodes of elated mood and/or irritability and increased activity, in addition to episodes of depression. In contrast, children with SMD are chronically irritable and hyperactive, without clear-cut manic episodes. However, because both children with SMD and those with bipolar disorder can be irritable and hyperactive, children with SMD may be thought to

possibly have another form of bipolar disorder, which can affect treatment decisions.

Because bipolar disorder is known to run in families, one way to test whether SMD is a type of bipolar disorder is to study the family's mental health. In their study, Melissa Brotman, Ph.D., Ellen Leibenluft, M.D., and colleagues in the NIMH Mood and Anxiety Disorders Program suggested that if SMD is a broadly defined type of bipolar disorder, then parents of children with SMD should have bipolar disorder as often as parents of children with strictly-defined bipolar disorder. They found that about 33 percent of parents of children with bipolar disorder had bipolar disorder themselves. In comparison, only about 2.7 percent of parents of children with SMD had bipolar disorder.

Bipolar disorder was the only mental illness diagnosed at significantly different rates between the two parent groups.

According to the researchers, these findings suggest that children with symptoms of SMD may not have a type of bipolar disorder.

Brotman MA, Kassen L, Reising MM, Guyer AE, Dickstein DP, Rich BA, Towbin KE, Pine DS, McMahon RJ, Leibenluft E. [Parental Diagnoses in Youth With Narrow Phenotype Bipolar Disorder or Severe Mood Dysregulation](#). *Am J Psychiatry*. 2007 Aug;164(8):1238-1241.

Advocacy & Consumer Support

You are Not Alone! - Compassionate Ear Warmline

- Does your mental illness ever leave you feeling isolated?
- Do you have times when you feel all alone?
- Do you experience grief, sadness, anger, or loneliness?
- Do you simply need a friend to really listen to you, to talk with or to just be there for you?
- Do you ever need to talk with someone during a stressful time, especially in the evenings and on weekends...times when your case manager, therapist or other support agencies aren't open?
- When you return home from a hospital stay, do you ever feel that you need a little extra boost of support?



The Compassionate Ear program is a consumer-operated, telephone support program designed to give you emotional support during times when you might be experiencing difficulty with loneliness; with daily living stresses or just filling the gaps with a friendly volunteer who is willing to listen - someone who has been there, done that...). Our Compassionate Ear volunteers can give you extra support to make it through the rough moments. The line operates from 4:00 pm to 10:00 pm every day, 365 days per year and is solely staffed by mental health consumers.

If you need to talk with one of our Compassionate Ear Warm volunteers call:

If you answered YES to any of the above questions, YOU ARE NOT ALONE!

(913) 281-2251(local) or toll free (866) WARMEAR

You Can Make A Difference -- Do You Have A Compassionate Ear?

The Compassionate Ear Warmline is a consumer-operated project that utilizes the priceless experience of mental health consumers to help persons in need of a good listener, or compassionate ear. We are one of five warmlines in the state of Missouri.

Compassionate Ear needs volunteers! As a volunteer you will gain valuable work experience, learn more about recovery, and have the opportunity to make a positive difference in someone's life.

If you would like to make a difference in someone's life and have a "Compassionate Ear", contact:

Lois Hohn at (913) 281-2221 ext. 121 or e-mail her at: lhohn@mhah.org; or Corinna West at (913) 281-2221 ext 116 or e-mail her at: cwest@mhah.org

Here Is What Compassionate Ear Volunteers Have To Say...

"As a volunteer for Compassionate Ear, my hours of answering calls...have been an informative and rewarding experience for me. My personal mental health has greatly improved from the time I first answered the phone, talking with a total stranger, only to find how much we all have in common. I know that whatever skills I have learned on the line will apply to my own progress in finding employment, pursuing further education, or just being a good friend to others in my life." - Marlene Townsend

"I have encouraged and helped a lot of my callers. I enjoy listening to my callers." - Miss Betty Bables

"When I volunteered for the line, I was going through a rough time. I didn't think I could do it. I now volunteer 3-4 nights a week. I enjoy it a lot. Thank you all for giving me a chance to do what I truly enjoy, and that is helping people on the line." - Tina Streeval

Kansas Advocacy Day

It has been said many times that the best way to understand and to be an agent of change in a person's life is to listen to their story. With that in mind, hundreds of consumers converged on the State Capitol in Topeka, Kansas on Wednesday, February 20, 2008 for the annual Mental Health Advocacy Day. Joining them were members and supporters of the Kansas Mental Health Coalition, coordinator of the day's events.

Advocacy Day allows all the various stakeholders to voice their concerns and opinions to Kansas legislators on issues vital to the continued well-being of Kansas residents with mental illnesses. Also on hand to brief legislators on the status of Federal legislation on mental health parity and its impact on Kansas was Ralph Ibsen, vice president for Government Affairs at Mental Health America, MHAH's affiliated national association.

Lois Hohn, co-coordinator for MHAH's Compassionate Ear Program perhaps expressed it best when she said, "What I valued most from my experiences on Advocacy Day in Topeka was a sense of how the legislature worked and how it was vital that we are there and every year in the future to present the view of each consumer into the mix of legislation. Without us, they have no one presenting what we need, individually and collectively."

2008 Self Help/Support Group Directory "In the Company of Others"

The 2008 [In the Company of Others: A Self-Help Directory](#) will be available soon. This resource guide includes a listing of support groups in the Greater Kansas City area and also a listing of helpful resource numbers. Directories are on sale, so get your copy today!

For more information or to order "In the Company of Others", call Cheryl Wozniak at (913) 281-2221 ext 119 or e-mail: cwozniak@mhah.org.

CHANGE OF INFORMATION OR DON'T NEED THIS NEWSLETTER?

To:

- Receive this newsletter by e-mail
- Remove your name from our mailing list
- Update your address and contact information
- Make suggestions/comments on our newsletter and/or website
- Send us feedback about our programming

Please contact us at:
Mental Health Association of the Heartland
739 Minnesota Ave.
Kansas City, KS 66101

or phone: Ann Jones at (913) 281-2221 ext. 125 or via e-mail: ajones@mhah.org

Education & Prevention

OVER 3,000 SERVED IN THE GREATER KANSAS CITY AREA



Emily Meissen-Sebelius
Director Child and Youth Mental Health Initiative

The Child and Youth Mental Health Initiative (CYMHI) is the transformation of the A.N.S.W.E.R (Adolescents Never Suicide When Every One Responds) program to include educational services to and about children of all ages.

Since its inception in January of 2007, CYMHI has delivered services to over 3,000 children and youth, their families, and school and other child/youth serving personnel in the Greater Kansas City area. Parents and families receive prevention and early intervention presentations including recognizing early signs and symptoms of mental health issues in children and youth, accessing and advocating for mental health services and supports, and raising resilient children. Schools and

child/youth social service personnel receive educational trainings covering early

recognition and intervention in mental illness in classrooms or social service delivery environments and strategies for promoting resiliency and mental health. The Child and Youth Mental Health Initiative increases the capacity of children and youth to recover from mental illness.

The Teen Suicide Prevention presentations instruct students in middle and high school to recognize signs of depression and encourage help seeking for suicide.

Services Free of Charge:

- Teen suicide prevention presentations for middle and high school students
- Presentations on promoting and maintaining mental health to children and youth ages 10-18
- Trainings and workshops for school personnel about child and youth mental health
- Trainings and workshops for parents about child and youth mental health

Fee for Service:

Trainings and workshops for professionals on evidence-based treatments for child and youth mental illnesses

Conferences and other workshops as requested by schools, organizations or coalitions.

For more information on the CYMHI/Teen Suicide Prevention Program, please contact Emily Meissen-Sebelius at (913) 281-2221 ext. 130 or e-mail her at ensebelius@mhah.org.

After a CYMHI presentation:

- 91% of students said they would get help if they ever became depressed or suicidal!
- 90 % of adult learners express intent to utilize information and/or skills gained!
- 96% of middle and high school students rate our presentations as either excellent or good!
- 90 % of adult learners rate our presentations as excellent!

Your United Way Donations Help To Create A New Dream For Petra

September 6, 2007, the Heart of America United Way launched it's annual fundraising campaign. Last year, the Mental Health Association of the Heartland received over \$200,000 in United Way funding, and over \$7,000 from individuals like you who choose donations designated to our agency through United Way. The support MHAH receives through the annual United Way campaign is essential to our programs and our mission to promote the mental health of the community, and improve the lives of persons with mental illness, through advocacy, education and support. Your donations count! Here is just one of many success stories you helped to create through your United Way donations. The story below is reprinted from UWKC's website.

A New Dream for Petra

When Petra Robinson moved here from Nebraska, she planned on studying dance at UMKC. She had dreams of becoming a choreographer, but soon decided a dancing career wasn't for her. She felt like something was wrong with her, but she couldn't tell you exactly what it was.

Petra began working as a waitress at local restaurants in town, rarely lasting more than a few months. In between jobs she was often unemployed for six months or more. With each dead-end job and each bout of unemployment, Petra's frustration and depression grew. "I tried every antidepressant under the sun without success. They didn't do anything for me. I was struggling with an illness that everybody just wanted to shove under the rug."

In 2003, things got so bad that Petra became suicidal. She knew she couldn't go on so she checked herself into a psychiatric unit. That's when her life began to change. Doctors discovered that Petra's problem wasn't just depression. She was suffering from a bipolar disorder and needed a different kind of treatment.

Although she was feeling better, Petra still wasn't sure what she wanted to do with her life. Then she read an article about a consumer as provider program designed to provide peer-to-peer support for people struggling with mental health issues.

Petra applied to become an intern in the program working at the Mental Health Association of the Heartland (MHAH), a United Way Agency. She loved the experience. In fact, she did so well that the Mental Health Association offered her a job as a Wellness and Support Advocate (WASA), working with clients who were formerly homeless. Through its WASA program,

clients who have overcome mental health issues offer counseling, guidance, and support to people who are still struggling with their own mental health challenges. She says working as a peer-advocate was both enlightening and therapeutic. At last, Petra feels like she's finally found her calling in life. "I always had a passion and desire to help people and this gives me the chance. With my personal experience I know I can help clients by providing empathy, pointing them to mental health resources and offering suggestions on how to deal with the challenges they face."

Petra's success in overcoming her own challenges led to a promotion at the Mental Health Association, where she began supervising its consumer-run, Compassionate Ear listening service, another United Way funded program at MHAH. At the same time, Petra was working with other mental health groups to help them develop peer-to-peer counseling programs of their own.

Her enthusiasm and determination continue to pay dividends. Petra recently accepted a position at the Johnson County Mental Health Center, applying skills and lessons she learned at MHAH, as she supervises the County's new mental health peer support program. She says, "I eventually want to go back to school and get a bachelor's degree in social work and psychology. Getting involved with the Mental Health Association of the Heartland was one of the best things that ever happened to me. It showed me that people who are struggling with mental illness can get better with help. I now have a new dream, and that is to help as many people as possible." She added, "I feel as if I have a new lease on life and for that I want to thank the Mental Health Association and all those who help support it through their donations to United Way."



Petra Robinson, formerly Coordinator, Leadership Development and WASA with Mental Health Association of the Heartland

Special thank you to our donors and to United Way donor designees!

Conferences and Workshops



Faith Communities Responding to Depression

Sabbaths of Hope is a project that enables clergy and other faith leaders to recognize types and symptoms of depression, provide referral and linkage to treatment options, and offer more effective support to congregants suffering from depression. Faith community participants receive training and resources to enable them to conduct educational events for congregants and colleagues. All depression related activities will culminate in a metrowide Sabbaths of Hope to reduce stigma and increase awareness of resources for support within congregations.

On February 25, 2008, 168 community faith leaders attended the second Sabbaths of Hope Conference. This year's conference helped faith leaders understand the growing incidence of depression. Participants gained an in-depth understanding of suicidality, learned "Best Practices" for addressing depression within faith communities and learned how lifestyle changes can supplement traditional approaches to treating depression.

Sabbaths of Hope addresses racial/ethnic disparity issues in depressive disorders by placing particular emphasis on securing involvement of faith communities with high minority membership. In addition, educational events, resources, and workshop modules for faith community leaders include sensitivity to issues particularly relevant to minority populations in the symptomology, treatment, and understanding of depression. The Mental Health Association of the Heartland facilitates a volunteer Advisory Council of faith leaders and mental health professionals working to launch annual observances of Sabbaths of Hope.

The Sabbaths of Hope project is a collaborative effort between Mental Health Association of the Heartland and the Center for Practical Bioethics. This conference was generously supported by Health Care Foundation of Greater Kansas City.

For more information, contact Stacy Davis at (913) 281-2221 ext. 112 or e-mail: sdavis@mhah.org

Children and Youth Mental Health Initiative Spring Workshop Series

Hope and Resiliency through Trauma

April 17th - 1-4 pm	Fostering Hope in Children
May 5th - 1-4 pm	Biological Impact of Trauma
May 21st - 9am-12pm	Helping Children Cope with Trauma

- Increase knowledge of prevention strategies that engender hope and resiliency in children through positive reinforcement, realistic goal-setting and building on strengths
 - Increase understanding of the basic brain development and the biological base of trauma and how that relates to our interactions with children
 - Increase knowledge of children's reactions and behaviors related to trauma and how to intervene in positive, effective ways
- Spring Workshop Series: Hope and Resiliency through Trauma

Save the Date!

May 16th - 3:30 am- 5pm - "Building for the Future: Nurturing Early Childhood Mental Health"

For more information, contact Emily Meissen-Sebelius,
913-281-2221 Ext. 130 or ensebelius@mhah.org

Making the Most of Your Mental Illness Series....

This series of workshops and seminars is sponsored by the Mental Health Association of the Heartland and the Depressive-Bipolar Support Alliance Greater Kansas City.

Each session provides up-to-date information and resources that encourage wellness and recovery. The series is designed for individuals with a diagnosed mental health problem, their families, significant others, care providers and health care professionals.

CEU certificates are available to professionals for a small fee.



Randy Johnson, Sr. Director
Advocacy & Recovery
Service

Making the Most 2008 Series "Making Recovery Real - Your Wellness Journey"

Our Winter Series was entitled "First Steps to Recovery" and included sessions on, How to Choose the Right Mental Health Care Professional; Setting Goals for Recovery; and Personal Wellness With Tips on Staying Healthy at Work.

Mark your calendar for our Spring Series!

Spring Series - Implementing the Steps to Recovery

April 24, 2008	- Symptom Management
May 22, 2008	- Tracking Your Triggers
July 25, 2008	- Saying No to Negative Thinking (Rumination)

Fall Series - Evaluating Your Progress Towards Recovery

August 28, 2008	- Medication and Side Effects
September 28, 2008	- How is My Treatment Working -Incorporating Wellness Strategies
October 23, 2008	- Questions to Ask Your Professionals

Workshop/seminars are from 7:00 pm - 8:30 pm at the Old Mission United Methodist Church Hanson Hall in Fairway Kansas.

For information on workshop dates and topics, please contact Tony Terwelp at (913) 281-2221 ext 108 or tterwelp@mhah.org

Identification of and Response to Depression in the Latino Community

Recently, Mental Health Association of the Heartland partnered with Elena Morales, IMSW of El Centro, Inc. and private practice Bilingual Therapist, Yanel Medina, LCSW to bring you Culturally Competent Identification of and Response to Depression in the Latino Community.

This workshop was attended by over 50 Kansas City metro individuals from the social service fields including school counselors, teachers, physicians, social service/mental health professionals and case managers.

The Cultural Competence Training was a collaborative effort between Mental Health Association of the Heartland, Sunflower House and El Centro.

Response was overwhelming - and we expect to repeat this seminar - to be placed on the mailing list, or for more information or on future conferences or workshops, please contact Cheryl Wozniak at (913) 281-2221 ext. 119

Mental Health Association of the Heartland

News and Information



The Right That Could Be Wrong Video review by Tony Terwelp

A 16 minute piece on the rights of individuals with mental illness, this video was originally shown on 60 Minutes.

Lesley Stahl interviews individuals from all sides of this complex issue including several people with mental illness, parents and professionals. They discuss how taking away an individual's rights can and will impact many areas of our society.

Tony Terwelp, Consumer Advocate

Kendra's Law, which was recently passed in New York, was discussed. This law forces individuals that go off their medications to get mandatory treatment and then they are forced to go back on their medication.

This film takes into account the rights of everyone that is involved and how the complexity of giving and honoring mental health consumers' rights impacts the lives of everyone.

"The mentally ill have had the right to refuse their medication for years. But in New York where a man off his medication killed a young woman, Kendra's Law now allows a court to force-medicate them. Lesley Stahl reports." - 60 Minutes 5/07/200

Mental Health Association of the Heartland recently received an extensive donation to our Resource Lending Library collection

For information on our Resource Library, or to borrow a copy of this great video contact Cheryl Wozniak at (913) 281-2221 ext 119 or e-mail: cwozniak@mhah.org

You Can Make A Difference!

MHAH needs volunteers -- you can come in for a few hours, once a month or even work from home, whenever works best for you! We need volunteers to help us with:

- « Preparing handouts
- « Contacting Self-Help /Support Groups for our directory
- « Sending out mailings
- « Compiling evaluations from workshops
- « Researching foundations and corporate philanthropists
- « Reviewing books and videos
- « Maintaining our new resource library
- « Updating and maintaining our database
- « Filing, answering telephones and other general office work

For more information, contact Ann Jones at (913) 281-2221 ext 125 or e-mail her at: ajones@mhah.org

Recently Updated!



is a resource designed by the Greater Kansas City Community Foundation to connect you to community needs you care about.

You can view Mental Health Association of the Heartland's profile at: <https://donoredge.gkccf.org>.

Tell Us Your Family's Experience!

Family members of students with mental illnesses can be an invaluable resource concerning the college experience of their loved one. As Wendy Luckenbill, Children's Policy Coordinator for the Mental Health Association in Pennsylvania, noted:

"Families are often key supports for youth with mental health problems and are frequently sidelined by college policies mistakenly seeking to foster independence in the students by completely cutting off the families. There is just no reason to look families out, if the student is willing to maintain the connection. Colleges should be building a bridge to possibly the only people who have consistently supported and advocated for a student with disabilities, rather than forcing a chasm between them."

Education can be intrinsically meaningful and essential to achieving career and employment goals. Disruptions in one's academic career can be personally and professionally devastating.

The University of Pennsylvania Collaborative on Community Integration (www.upennrctc.org) is seeking stories from individuals asked to take a leave of absence or withdraw from a college, university or other educational program because of a mental illness. Individuals who are or were undergraduate and graduate students from colleges or universities, vocational or other trade programs can submit their stories. This information will be useful in developing training, policy and research initiatives to increase opportunities for students with mental illnesses to successfully achieve their academic goals.

They are looking for stories that include the following information:

1. A brief description of your family member's mental health history before and during his/her attendance of college or other educational program.
2. The name of the college, university or other institution he/she was attending at the time of the leave of absence or withdrawal.
3. The incident that led to his/her voluntary or involuntary leave of absence or withdrawal and a detailed description of the process, as well as the outcome (e.g., ended up staying, took the leave, withdrew).
4. A description of the process by which he/she sought re-admittance. If your family member did not seek re-admittance, please explain why.
5. The years in which the events took place.
6. Advice for students and other families in similar situations and suggestions for colleges, universities and other educational institutions regarding their policies for supporting students with mental illnesses.

The information that you submit will be confidential, if you so stipulate. Providing your contact information will enable them to contact you to learn more about your experience and ideas.

By submitting your story you give them permission to use it in part or in whole in trainings, presentations, and/or policy briefs. No identifying information about you will be included in any use of your story.

Please contact Lindsay Wick at lwick@mail.med.upenn.edu or at 215-349-8487 if you have a story and ideas that you would like to share that may eventually inform policy makers, family members and other students with mental illnesses.

They look forward to hearing from you - thank you in advance for your contribution!

SHOP AND SUPPORT MHAH!

You can elect to make your purchases at Amazon through the link located on MHAH's web site. www.mhah.org. Amazon will donate up to 15% of your Amazon.com purchases to Mental Health Association of the Heartland.



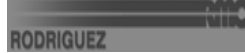
A Very Special Thank You to Our Sponsors

"Take It Home"



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Antique Studebaker on display at the 2007 Beyond the Blues.



Sue Lewis, President/CBO of the Mental Health Association of the Heartland

Thank you to our Media Sponsors:



And a big thank you to all of our wonderful volunteers!



Anne Peterson, and George Hildebrand, Kansas City Lindy Hop Society



AnnaLee & The Lucky So-n-Sos



Phil Witt and Anne Peterson, event Emcees.

Join us at the 2nd Annual Beyond the Blues on October 18, 2008!
To be sure you get an invitation fill out this form!

Return this form to: Mental Health Association of the Heartland, Beyond the Blues, 739 Minnesota Ave., Kansas City, KS 66101

Name: _____ Phone: _____ E-mail: _____

Address: _____ City/State/Zip: _____

I am interested in:

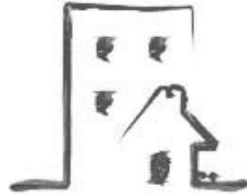
- Attending the 2008 Beyond the Blues
- Volunteering
- Contributing item(s) for the raffle
- Becoming a sponsor

I would like more information on:

- Inviting a friend to the 2008 Beyond the Blues
- Volunteering
- Donating item(s) for the Raffle
- Sponsorship levels



James Glenn, Senior Vice-President Housing



Bank of America Honors Mental Health Association of the Heartland cont. from page 1

series of prestigious Senior Executive and Emerging Leader trainings in Tennessee, Florida, California and South Carolina in 2008.

MHAH will be using Bank of America funding to enhance its Housing to Homes program, which provides consultation, technical assistance, and capacity-building services to community organizations seeking to develop permanent supportive housing programs for homeless or at-risk persons with mental illness.

Housing to Homes

HtOH is a technical assistance, consulting, and capacity-building program providing the tools and expertise for organizations and communities to combat homelessness. Building on MHAH's uniquely successful efforts to create effective, affordable housing options for persons with special needs, HtOH offers assistance to organizations across broad categories critical to successful permanent supportive housing endeavors.

These categories are referred to as the 3 R's :

Research: HtOH has the resources needed to help busy executives and frontline staff stay current and apply emerging and best practices in housing and support services.

Replication: HtOH staff help organizations to "work smarter, not harder" by providing access to proven intervention models, such as the Heartland Housing Model.

Relationships: HtOH identifies, outreaches, and sustains the relationships which help its clients develop lasting and mutually-beneficial relationships with the stakeholders necessary for the development of successful housing initiatives.

Recovery: Using its network of leaders in the recovery movement, HtOH uniquely helps organizations create opportunities for disabled consumers to engage in the development of programs that emphasize quality of life, making recovery possible for all.

Become a Member of the Mental Health Association of the Heartland!

Reasons To Become a MHAH Member:

- Your membership will add to the strength of our advocacy voice with City, State and National Governments.
- Your membership donation provide essential unrestricted money to MHAH, which we can allocate to any program as needed.
- Your membership donation is tax deductible.

By supporting Mental Health Association of the Heartland:

- You help to improve access to comprehensive mental health care;
- You help to fight stigma;
- You help to increase public awareness of mental health issues;
- You help to implement proven programs to increase mental health in the Kansas City Metro area;
- You help to empower mental health consumers.

If you would like to add your voice to the many who are already MHAH members, complete the form below and send in with your payment to: Mental Health Association of the Heartland, 739 Minnesota Ave., Kansas City, KS 66101.

Name: _____ Address: _____ City: _____ State: _____ Zip: _____

I wish to remain Anonymous You may publish my name in your Newsletter and Annual Report

Member \$35.00-\$49.00
 Bronze Bell \$50.00-\$99.99
 Silver Bell \$100-\$249.00
 Gold Bell \$250.00 and up

We have many ways that you can help MHAH in addition to becoming a member:

- Memorial Gifts - A personal remembrance that honors the life of a friend or relative-our kindred spirits. A wonderful way to remember and pay tribute to our loved ones, and to reach out to others in need by supporting MHAH's work.
- Honorary Gifts - A wonderful way to celebrate a special occasion or to honor the accomplishments of someone close to you.
- Donating items - Donating items to MHAH. Donations are tax deductible . (For a list of items needed, contact Ann Jones (913) 281-2221, ext. 125)
- Gifts of Stock - Increase your tax savings and support MHAH.
- Planned or Estate Giving - Planned gifts can benefit MHAH while helping you to save taxes, increase your income and pass more on to your heirs.

For more information, please contact Ann Jones at (913) 281-2221, ext. 125 or e-mail ajones@mha.org.

2007 Mental Health Association Volunteers

In 2007 volunteers have contributed a combined total of 3,940 hours at a value of \$39,400! Volunteer tasks include everything from answering Compassionate Ear WarmLine calls to vacuuming the office.

During the United Way's Day of Caring, Mental Health Association of the Heartland was sent 7 volunteers who helped paint the MHAH office and 17 volunteers who worked with our permanent supportive housing program. These fabulous individuals are our 2007 volunteers to-date:

Meldina Adams	Terry Connor	Mackenzie Howell-Painter	Cora Linn	Janeen Painter	Dar Shisler
Betty Bables	Janet "Cookie" Cook	Thereryl Holland	Suzette Mack	Ollie Penz	Maurice Smith
Gary Baker	Tenri Coyle	Maurice Holliday	Mary Mahoney	Pete Sachen	Dave Snuffer
Mary Barry	Christin Daniel	Lee Hopkins	Richard Martin	Julie Seiz	Vivica Snype-Stewart
Marie Bernhard	Tina Fleming	Debra Jenkins	Lisa Merry	Shannon Sellens	Qingbo Sui
Wilma Bishop	Olivia Freeman	Pat Johansen	Simon Messmer	Mike Schafersman	Tony Terwelp
Dave Bodling	Ratti Pritz	Karl Johnson	Josh Millan	Ryan Schafersman	Teri Tulpin
Flora Boldridge	Michelle Gee	Theracia Johnson	Glenn Moise	Drew Sebelius	Kathy Washington
Flora Buford	Broderick Henderson	Ann Jones	Fawn Monahan	Emily Meissen-Sebelius	Cheryl Wozniak
Peggy Cantrell	Karen Hendricks	Rosemarie Jones	Charlott Morrison	Julie Seiz	James Wright
Bonnie Castro	Kent Henson	Carrol Kendrick	Dean Nowe	Shannon Sellens	Allen Wrinkle
Matthew Clark	Lois Hohn	Patty Kroll	Jackie Oerlund	Herman Shaffer	
Kay Clayton	Peg Holen	Jeff Lewis	Stephen O'Neill	Mary Shain	

Mental Health Association of the Heartland is truly proud of our volunteers! Their gift of time and effort helps the agency to accomplish our mission and goals.

Thank you all for all the wonderful hard work and time that you give to our agency.

Want to see your name on this list?
 If you are interested in becoming one of our volunteers, please contact:
 Ann Jones at (913) 281-2221 ext. 125 or
 e-mail: ajones@mhah.org

Funded through United Way



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 Advocacy, Education and Support in Kansas and Missouri

Mental Health Association
of the Heartland

